

Sophie Dubois

Physiotherapist · Sports Masseur · Wellness Coach

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PERSONAL STATEMENT

Physiotherapist with 12 years in clinical, sports and wellness settings. Has rehabilitated post-surgical patients, kept athletes on the field, and coached clients toward healthier habits. Hands-on, encouraging, and focused on helping people move well and feel better.

PERSONAL INFORMATION

Date of Birth: 17 March 1989

Address: Milchstr. 8, 81667 München

Driver's License: Class B, C, D & DE

Registration: Licensed Physiotherapist — Bayerische Landeskammer

WORK EXPERIENCE

Physiotherapist

2018 – present

Schön Klinik München Harlaching

Treat orthopaedic and sports-injury patients across outpatient and post-surgical care. Specialise in knee and shoulder rehab. Supervise two junior physios.

Sports Masseur

2014 – 2018

TSV 1860 München (physio team)

Provided pre- and post-match treatment and injury management for squad players. Worked alongside team physicians on load management.

Physiotherapist

2011 – 2014

Reha-Zentrum München

Delivered rehabilitation for neurological and musculoskeletal patients. Designed and progressed individual exercise programmes.

Wellness Coach (part-time)

2016 – present

Freelance, München

Coach clients on movement, mobility and healthy habits. Run small-group mobility workshops; first-aid trained.

EDUCATION

B.Sc. Physiotherapy — Hochschule Fresenius München (2011)

M.Sc. Sports Rehabilitation — Loughborough University, UK (2014)

Certified Wellness Coach — IIN (2016)

SKILLS

- Financial reporting: P&L, cash-flow analysis and month-end close
- Health & safety compliance: risk assessments, incident reporting, first aid trained
- Electrical installation: wiring, testing and fault diagnosis
- Presentation and public speaking to technical and non-technical audiences
- Process improvement: workflow optimisation, cost reduction, KPI tracking and reporting
- Plumbing and HVAC basics: repairs, servicing and inspections
- Blueprint and technical drawing interpretation

LANGUAGES

Italian	Native
Polish	B1
French	C1
Spanish	C2

INTERESTS

Trail Running · Yoga · Cycling · Nutrition · Skiing · Cooking